



HIGH PERFORMANCE PATHWAY & STRUCTURE

Key Performance Events → ECC > JNR EC > JNR WC → EC u23 → EC > WC > OLYMPIC GAMES

Integrated Performance System
Fast Tracking Advancing Players Through the Pathway

SENIOR

ExCell

TRANSITION

JUNIOR

CADET

Pre-Cadet

CLUB

Train to Train

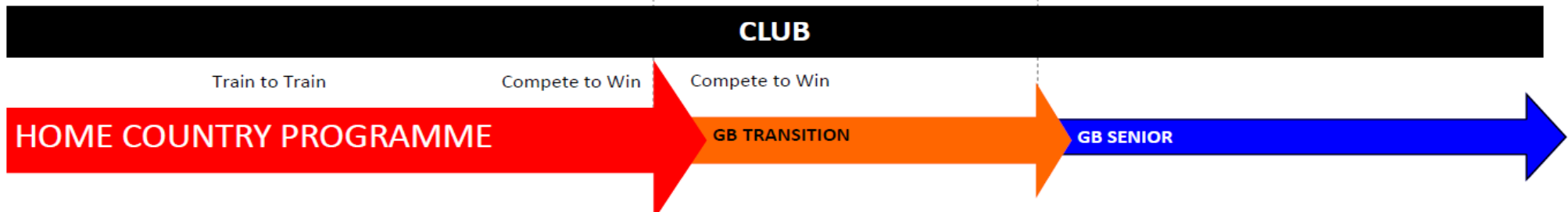
Compete to Win

Compete to Win

HOME COUNTRY PROGRAMME

GB TRANSITION

GB SENIOR



U17 : Train to Train

Periodisation Plan to DEVELOP A LEARNING AND UNDERSTANDING of Training and Competition : Oct 2011 - Dec 2012

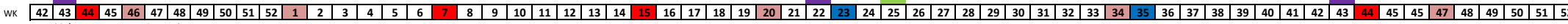
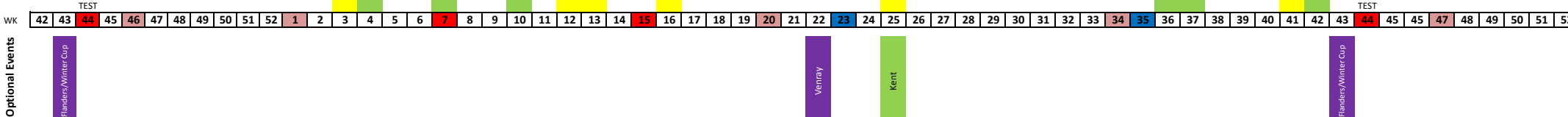


Macro Cycle : 2012 Annual Plan

Core Programme



Optional Events



Wk	5	4	3	2	1	5	4	3	2	1	4	3	2	1	7	6	5	4	3	2	1	7	6	5	4	3	2	1	2	1	6	5	4	3	2	1	8	7	6	5	4	3	2	1	6	5	4	3	2	1	5	4	3	2	1	5	4	3	2	1
Transition	Post British Age Bands, review performance, active recovery, general training to include drilling, technical development and basic aerobic conditioning					ETD assessment and testing, strength development					Situation randori, training contests, competition simulation					Consistent competition performance, post competition review, maintenance training, with the aim to perform consistently in domestic competition					International competition performance, exposure to high level competition, training camps and various styles of opponents					Rest & recovery, prep for Peak phase		Experience of executing a peaking phase to place an emphasis on preparing for a single tournament in order to perform at your best on competition day							Rest, recovery, holiday and ideal training period to focus on technical development, general conditioning, strength development etc to develop a foundation for second part of competition year								Experience of executing a peaking phase to place an emphasis on preparing for a single tournament in order to perform at your best on competition day						Post British Age Bands, review performance, active recovery, general training to include drilling, technical development and basic aerobic conditioning					ETD assessment and testing, strength development						

ENGLAND ExCELL : Hajime - Matte Model / Fundamental Judo Skills Focus



ENGLAND ExCELL : Free Practice and Physical Development Focus

Transition	Preparation	Pre-Competition	Competition 1	Competition 2	PEAK
Long Distance Randori : 6 - 20mins Randori : Yaku Soko Geiko : 3 - 7mins Randori : Kakari Geiko-Technical Situation	Randori : Kakari Geiko-Technical Situation Randori : Tactical Situations Randori : Open Practice	Randori : Pressure Training/Situations Randori : Kakari Geiko-Technical Situation Randori : Competition Simulation Randori : Segmented Training : 3 - 5mins	Randori : Kakari Geiko-Technical Situation Randori : Pressure Training/Situations Randori : Contest Specific Randori : Tactical Situations	Randori : Pressure Training/Situations Randori : Competition Simulation Randori : Contest Specific Randori : Tactical Situations	Randori : Situations Randori : Competition Simulation Randori : Contest Specific Randori : Segmented Training : 3 - 5mins
Development of the AEROBIC System : Roux Conditioning Fartlek & Distance Runs : 2 - 4miles BW Strength & Technical Lifting	Aerobic and Strength Endurance : MAP: Maximum Aerobic Power: 10 to 20mins Circuit Training BW Strength & Technical Lifting	Anaerobic Speed Coordination/Plyometric/Contrasts Combination Conditioning & Circuit Training	Anaerobic Speed Velocity/Plyometric/Contrasts Combination Conditioning & Circuit Training Post Competition Recovery	Anaerobic Speed Velocity/Plyometric/Contrasts Combination Conditioning & Circuit Training Post Competition Recovery	Aerobic and Anaerobic Development : MAP: Maximum Aerobic Power: 10 to 20mins Combination Conditioning & Circuit Training Plyometric/Max Speed

Mesocycle Phase	Wks	Description
Transition	10	: to focus on specific development and opportunity to learn ie - technique(s), flexibility/agility, aerobic fitness, basic strength development etc
Preparation	13	: to develop a foundation of technique, tactics, fitness and strength
Pre-Competition	4	: to develop competition conditioning and prepare for forthcoming competition phase
Competition 1	7	: to experience back to back competition and focus on consistent performance
Competition 2	7	: to experience international competition and exposure to European styles of Judo
PEAK	12	: to experience and understand preparing for a Peak Performance
Recovery	2	: a vital component of the annual plan - a time to take time out, holiday, engage in low level training

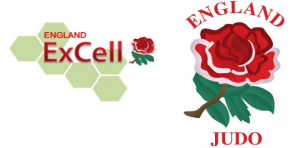
ETD TESTING Programme
4 Times per Year
Wk Event
44 Sheffield Assessment Camp
7 Training Camp - EIS
15 Training Camp - Kendal
35 Training Camp - Kendal

This Periodization Plan is to provide a guideline for organising and planning an Annual Plan. Coaches should use their own knowledge and expertise to determine the components and contents of each training phase to meet the needs of their players

Definition of Insanity - "Doing the same thing over and over again and expecting to achieve different results" : Albert Einstein

U20 : Training to Compete

Periodisation Plan - TRAINING TO COMPETE TO WIN : Oct 2011 - Dec 2012



Macro Cycle : 2012 Annual Plan

Core Programme

- ETD Squad
- GB Squad
- National Squad

WK

Domestic / Self Fund

WK

Volume Intensity

Preparation Pre-Comp Peak C1 REC Preparation C1 Prep. Pre-Comp Competition (C1) REC Prep. Pre-Comp Competition 2 REC PEAK REC TRANSITION Pre-Comp Peak

General Judo Strength and Conditioning and Technical Development. Training camps, situation randori, training contests, competition simulation, Progress to Judo specific S&C.

Peak Phase to ensure a peak performance at the British Junior Trials.

Rest & Recovery

General Preparation - technical development and Judo specific fitness. Competition Preparation - modelling, simulation, pressure training

General S&C. Advance Technical / Tactical situation randori/simulation.

Consistent competition performance, maintenance training with the aim to perform consistently in Junior European Cups.

Rest & Recovery

Preparation for Junior European Cups building towards Junior European and Junior World Championships.

Rest & Recovery

Key Event Annual Plan based on Peaking for JNR EC

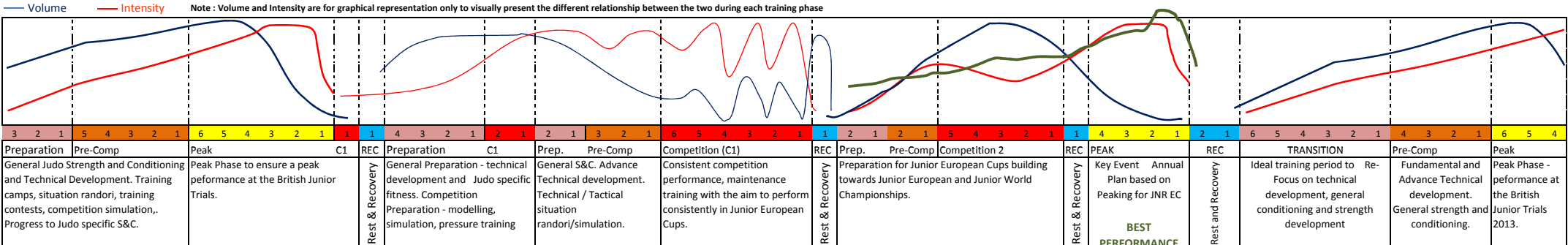
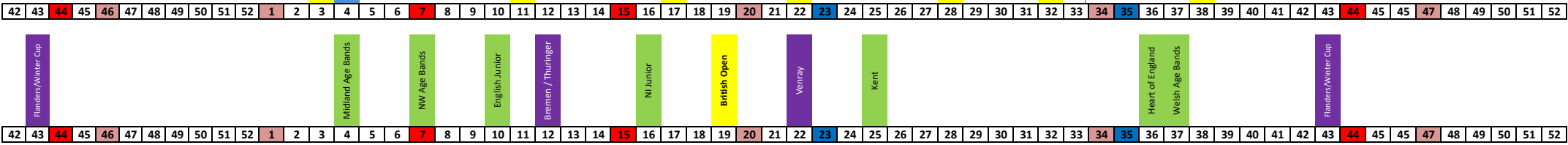
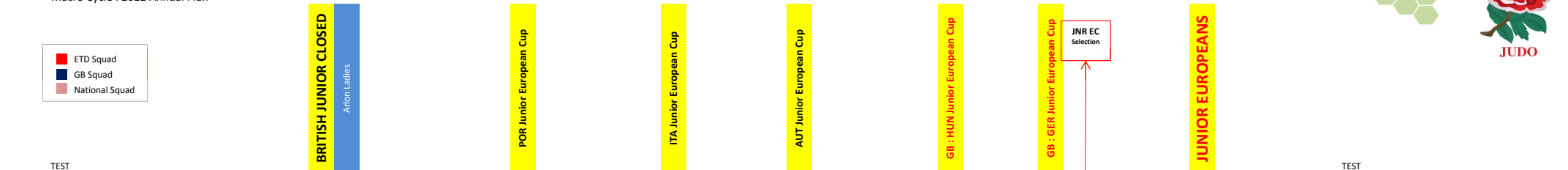
Rest and Recovery

Ideal training period to Re-Focus on technical development, general conditioning and strength development

Rest and Recovery

Fundamental and Advance Technical development. General strength and conditioning.

Peak Phase - performance at the British Junior Trials 2013.



Periodisation Phases : Randori and Physical Development Focus

TRANSITION	Preparation	Pre-Competition	Competition 1	Competition 2	PEAK
Long Distance Randori : 6 - 20mins Parameterisation Skill Development	Randori : Kakari Geiko : 3 - 7mins Randori : Yaku Soko Geiko : 3 - 7mins Randori : Tactical Situations	Randori : Pressure Training/Situations Randori : Yaku Soko Geiko Randori : Competition Simulation	Randori : Pressure Training/Situations Randori : Yaku Soko Geiko Randori : Contest Specific Randori - pressure training, situations	Randori : Pressure Training/Situations Randori : Competition Simulation Randori : Contest Specific Randori - high level training camps	Randori : Situations Randori : Competition Simulation Randori : Contest Specific Randori - pressure training, situations, training contests, competition simulation (competition for preparation purposes)
Long Distance' Randori :15- 30mins (will lower intensity, encourage a more open practice, provide opportunity to learn and will develop contest conditioning foundation)	Randori - shorten practices to increase intensity ie 3 - 7mins with variations (include transition, attack/defend, etc)	Randori - pressure training, situations, training contests, competition simulation or competition for preparation purposes			
Development of the AEROBIC System : Roux Conditioning Distance Runs : 2 - 4miles	Aerobic and Strength Endurance : MAP: Maximum Aerobic Power: 10 to 20mins Circuits/Barbell Complexes	Anaerobic Development : Judo Circuits/Sprints/Shuttles Combination Conditioning Coordination/Plyometric/Contrasts	Anaerobic Development : Judo Circuits/Sprints/Shuttles Velocity/Plyometric/Contrasts	Anaerobic Development : Judo Circuits/Sprints/Shuttles Velocity/Plyometric/Contrasts	Aerobic and Anaerobic Development : MAP: Maximum Aerobic Power: 10 to 20mins Plyometric/Max Speed/Contrasts/Isolated Speed Combination Conditioning
Strength Development : Strength Endurance : high reps/low load Circuits/Barbell Complexes	Strength Development : Strength : med reps / med load Core Lifts : Clean Pull, Hang Clean, Shrugs, Squat	Strength Development : Max Strength : low reps / heavy load Core Lifts : Clean Pull, Hang Clean, Shrugs, Squat	Strength Development : Max Strength : low reps / heavy load Power : med reps / 50% load : train fast	Strength Development : Max Strength : low reps / heavy load Power : med reps / 50% load : train fast	Strength Development : Max Strength : low reps / heavy load Power : med reps / 50% load : train fast Neuro Facilitation : very low reps / very heavy load
			Post Competition Recovery	Post Competition Recovery	

- Phase**
- Transition** : to focus on specific development and opportunity to learn ie - technique(s), flexibility/agility, aerobic fitness, basic strength development etc
- Preparation** : to develop a foundation of technique, tactics, fitness and strength
- Pre-Competition** : specific competition conditioning and prepare for forthcoming competition phase
- Competition 1** : to maintain a consistent performance in back to back competition with a focus to perform in Junior European Cups
- Competition 2** : a mini peak phase with the aim of performing at key Junior European Cups
- PEAK** : preparation for a Peak Performance at the Junior European Championships - aim is to produce BEST PERFORMANCE
- Recovery** : a vital component of the annual plan - active recovery work and a time to review training and performance and plan forward programme

ETD TESTING Programme
4 Times per Year

- 44 Sheffield Assessment Camp
- 8 Training Camp - EIS
- 14 Training Camp - EIS
- 31 Training Camp - Kendal

This Periodisation Plan is to provide a guideline for organising and planning an Annual Plan. Coaches should use their own knowledge and expertise to determine the components and contents of each training phase to meet the needs of their players

Definition of Insanity - "Doing the same thing over and over again and expecting to achieve different results" - Albert Einstein

National Squad Training

WK	Date	Day	Event	Venue	Age Group	Male / Female
44	05-Nov-11	Sat	ETD Assesment	Sheffield EIS	U20/Cadet	Female
	06-Nov-11	Sun	ETD Assesment	Sheffield EIS	U20/Cadet	Male
46	19-Nov-11	Sat	England Full Squad	Dartford JC	U20/Cadet	Male
	20-Nov-11	Sun	England Full Squad	Dartford JC	U20/Cadet	Female

2012

1	08-Jan-12	Sun	England Squad - Cadet, Junior & Transition	Sheffield EIS	U20/Cadet	Male & Female
20	19-May-12	Sat	England Full Squad	Sheffield EIS	U20/Cadet	Female
	20-May-12	Sun	England Full Squad	Sheffield EIS	U20/Cadet	Male
34	24-26-Aug-12	Fri - Sun	England Cadet / Junior Squad Training Camp	Kendal JC	U20/Cadet	Male & Female
44	27-Oct-12	Sat	ETD Assesment	Sheffield EIS	U20/Cadet	Female
	28-Oct-12	Sun	ETD Assesment	Sheffield EIS	U20/Cadet	Male
46	17-Nov-12	Sat	England Full Squad	Dartford JC	U20/Cadet	Female
	18-Nov-12	Sun	England Full Squad	Dartford JC	U20/Cadet	Male

England Talent Development Squad Training Camps

1	7-8-Jan-12	Sat - Sun	ETD Training Camp	Sheffield EIS	U20/Cadet	Male & Female
7	13-15-Feb-12	Mon - Wed	ETD Training Camp	Sheffield EIS	U20/Cadet	Male & Female
15	8-11-Apr-12	Sun - Wed	ETD Training Camp	Dartford BJPI	U20/Cadet	Male & Female
23	8-10-Jun	Fri - Sat	ETD Training Camp	Kendal JC	U20/Cadet	Male & Female
35	27-Aug - 1-Sep-12	Mon - Sat	ETD Training Camp - JNR EC Preparation	Kendal JC	U20/Cadet	Male & Female

Domestic Competitions

43	29-Oct-11	Sat	Welsh Age Bands Competition	Cardiff	All	Male & Female
3	21-Jan-12	Sat	British Junior Closed	Sheffield EIS	U20	Male & Female
4	28-29-Jan-12	Sat/Sun	Midland Age Bands Competition	Walsall Uni	All	Male & Female
7	18-19-Feb-12	Sun	NW Age Bands Competition	St. Helens	All	Male & Female
10	10-Mar-12	Sat	English Junior Open	TBC	U20	Male & Female
16	21-22 Apr 12	Sat/Sun	NI Junior Open	Belfast	U20	Male & Female
19	12-13-May-12	Sat/Sun	British Senior Open	K2	U20	Male & Female
25	23-24 Jun-12	Sat/Sun	Kent International Competition	London	All	Male & Female
36	8-9-Sep-12	Sat/Sun	Heart of England Competition	Walsall Uni	All	Male & Female
37	15-Sep-12	Sat	Welsh Age Bands Competition	Cardiff	All	Male & Female
41	13-14-Oct-12	Sat/Sun	British Age Band Championships	Sheffield	All	Male & Female

CADETS : International Competitions

12	23-28-Mar-12	Fri - Wed	Bremen International & Training Camp	GER	Cadet	Male
	23-28-Mar-12	Fri - Wed	Thuringer International & Training Camp	GER	Cadet	Female
13	30-Mar - 4-Apr-12	Fri - Wed	Kiev, UKR Competition & Training Camp	CZE	Cadet	Male & Female
16	20-25-April-12	Fri - Wed	Teplice, CZE Competition & Training Camp	CZE	Cadet	Male & Female
25	20-25-Jun-12	Fri - Sun	EUROPEAN CADET CHAMPIONSHPS	TBC	Cadet	Male & Female

JUNIORS : International Competitions

4	27-Jan - 2-Feb-12	Fri - Wed	Arlon Ladies Belgium Open & Training Camp	BEL	U20	Female
	29-Jan - 2-Feb-12	Sun - Wed	Belgium Open Training Camp ONLY	Spa, BEL	U20	Male
11	16-21-Mar-12	Fri - Wed	PORTUGAL Junior European Cup & Training Camp	POR	U20	Male & Female
17	27-Apr-2-May-2012	Fri - Wed	ITALY Junior European Cup & Training Camp	ITA	U20	Male & Female
22	1-6-Jun-2012	Fri - Wed	AUSTRIA Junior European Cup & Training Camp	AUT	U20	Male & Female
28	13-18-Jul-2012	Fri - Wed	HUNGARY Junior European Cup & Training Camp	HUN	U20	Male & Female
32	10 -15-Aug-2012	Fri - Wed	GERMANY Junior European Cup & Training Camp	GER	U20	Male & Female
38	20-24 Sep-2012	Wed - Mon	JUNIOR EUROPEAN CHAMPIONSHPS	CRO	U20	Male & Female

NOTE : All Selections for Cadet / Junior International Competitions & Training Camps will be made from the England Talent Development Squad ONLY

Self Funded International Competition & Training Camp

SF	22	2-3-Jun-12	Sat/Sun	Venray International	HOL	All	Male & Female
----	----	------------	---------	----------------------	-----	-----	---------------

For upto date England Squad information, visit

www.britishjudo.org.uk

2011 - 2012 England Pre-Cadet Programme



National Squad Training

WK	Date	Day	Event	Venue	Male / Female
46	19-Nov-11	Sat	England Full Squad	Dartford JC	Male
	20-Nov-11	Sun	England Full Squad	Dartford JC	Female

49	10-Dec-11	Sat	England Pre-Cadet Only Squad	Sheffield EIS	Male & Female
----	-----------	-----	------------------------------	---------------	---------------

2012

9	03-Mar-12	Sat	England Pre-Cadet Only Squad	Sheffield EIS	Male & Female
---	-----------	-----	------------------------------	---------------	---------------

20	19-May-12	Sat	England Full Squad	Sheffield EIS	Female
	20-May-12	Sun	England Full Squad	Sheffield EIS	Male

34	24-26-Aug-12	Fri - Sun	England Pre-Cadet Camp	Kendal JC	Male & Female
----	--------------	-----------	------------------------	-----------	---------------

46	17-Nov-12	Sat	England Full Squad	Dartford JC	Female
	18-Nov-12	Sun	England Full Squad	Dartford JC	Male

48	01-Dec-12	Sat	England Pre-Cadet Only Squad	Sheffield EIS	Male & Female
----	-----------	-----	------------------------------	---------------	---------------

Domestic Competitions

	Date	Day	Event	Venue	Male / Female
43	29-Oct-11	Sat	Welsh Age Bands Competition	Cardiff	Male & Female

4	29-Jan-12	Sat	Midland Age Bands Competition	Walsall Uni.	Male & Female
---	-----------	-----	-------------------------------	--------------	---------------

7	18-Feb-12	Sat	NW Age Bands Competition	St. Helens	Male & Female
---	-----------	-----	--------------------------	------------	---------------

25	23-24-Jun-12	Sat/Sun	Kent International Competition	London	Male & Female
----	--------------	---------	--------------------------------	--------	---------------

36	8-9-Sep-12	Sat/Sun	Heart of England Competition	Walsall Uni.	Male & Female
----	------------	---------	------------------------------	--------------	---------------

37	15-Sep-12	Sat	Welsh Age Bands Competition	Cardiff	Male & Female
----	-----------	-----	-----------------------------	---------	---------------

41	13-14-Oct-12	Sat/Sun	British Age Band Championships	Sheffield	Male & Female
----	--------------	---------	--------------------------------	-----------	---------------

Self Funded International Competition

22	2-3-Jun-12	Sat/Sun	Venray International	HOL	Male & Female
----	------------	---------	----------------------	-----	---------------

43	27-28-Oct-12	Sat/Sun	Flanders Cup	BEL	Male & Female
----	--------------	---------	--------------	-----	---------------

For upto date England Squad information, visit

www.britishjudo.org.uk



PERFORMANCE MOUNTAIN



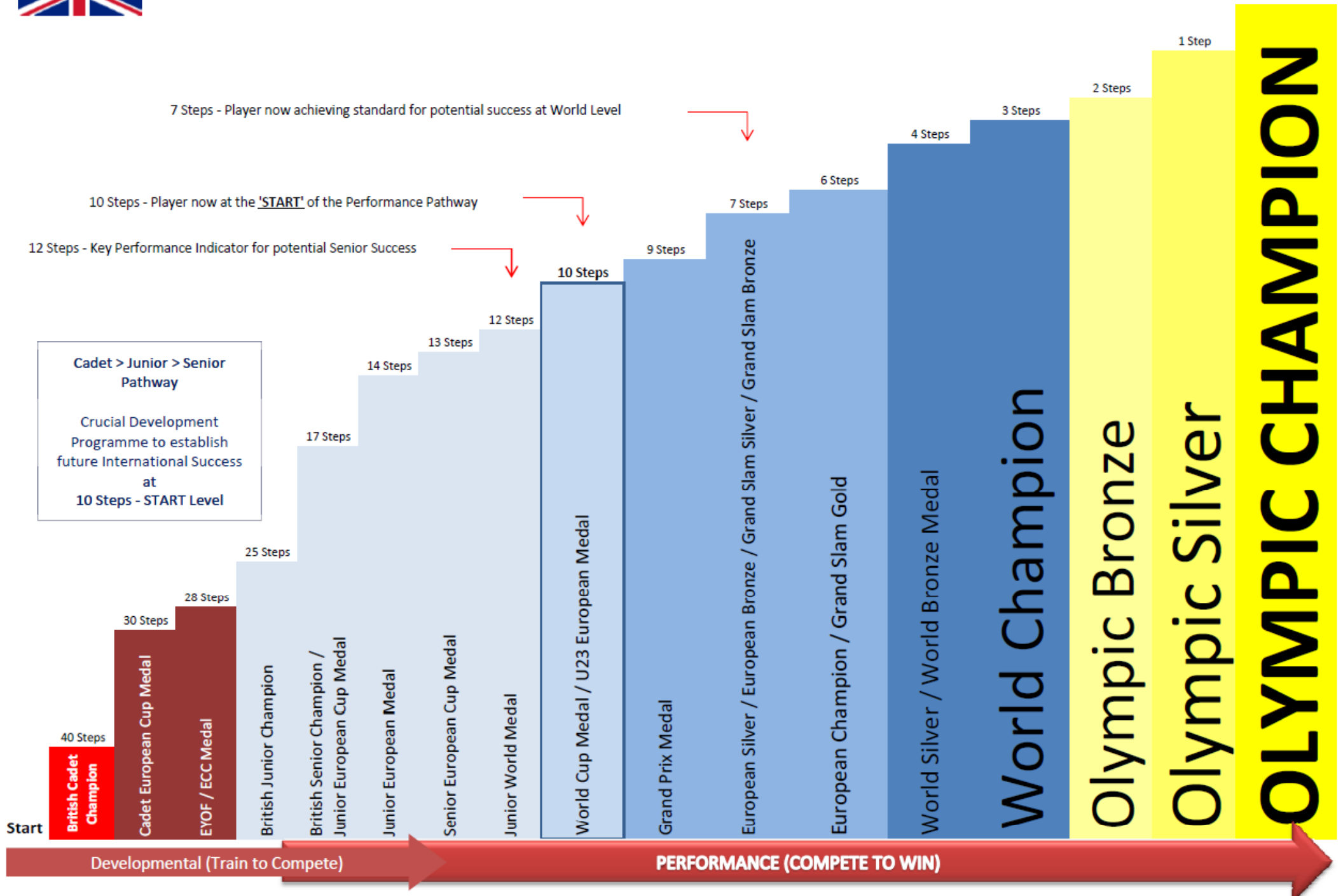
7 Steps - Player now achieving standard for potential success at World Level

10 Steps - Player now at the 'START' of the Performance Pathway

12 Steps - Key Performance Indicator for potential Senior Success

Cadet > Junior > Senior
Pathway

Crucial Development
Programme to establish
future International Success
at
10 Steps - START Level



Developmental (Train to Compete)

PERFORMANCE (COMPETE TO WIN)